

HIGHLANDS RECREATION DISTRICT ACTIVITY GUIDE

WE STILL HAVE SPACE
FOR YOU IN OUR
EARLY EDUCATION
PROGRAM!
SEE PG. 7 FOR
MORE DETAILS.

WINTER 2011

"FAMILY TRADITIONS BEGIN AT THE
HIGHLANDS RECREATION CENTER"

WWW.HIGHLANDSREC.CA.GOV

About US

The Highlands Recreation District (HRD) is a public agency governed by an elected Board of Directors (5). The Board meets at 7:00pm on the second Tuesday of each month in the Social Room. The Board Members are Hal Carroll, Brigitte Shearer, Jim Sell, Pam Merkadeau and Michelle McNeil. The HRD is supported by property taxes and user fees and operates the Highlands Recreation Center. All Board Meetings are open to the public. We welcome your ideas and attendance at the Highlands Recreation Center, a place where family traditions begin.

HRD Mission Statement

The Highlands Recreation District is dedicated to consistently and cost effectively providing the broadest possible beneficial, safe and affordable programs and services to the Highlands Community.

Americans with Disabilities Act



Meeting Your Needs.

It's the Highlands Recreations Center's intent to make reasonable accommodations, when required, for all participants in activities. If assistance is needed, please call 341-4251 and ask for the program supervisor in charge of the activity you're interested in.

Office Staff

General Manager	Margaret Glomstad
Recreation Supervisor	Jeff Schwartz
Aquatics Supervisor	Bryce Robertson
School-Age Director	Mike Koenig
Early Education Director	Rebecca Hitchcock
Maintenance Supervisor	Ian Levin
Maintenance Assistant	Steve Risso
Bookkeeper	Naomi Kawakita
Office Staff	Cynthia Fregoso
	Marianne Junge

Mitchell Construction
(650) 520-5527
2100 Bunker Hill Dr.
San Mateo, Ca 94402
(Paid Ad)

Winter Dates to Remember

December

Holiday Event	12/4
HRD Board Meeting	12/14
Office Closes @ 3pm	12/24
Office Closes @ 3pm	12/31

January

HRD Board Meeting	1/11
Office Closed - Martin Luther King Jr. Day	1/17
Hoopsters Begins	1/22

February

HRD Board Meeting	2/8
Office Closed - President's Day	2/21

March

HRD Board Meeting	3/8
Rec Ball Begins	3/26
Rec Tennis Begins	3/27

April

HRD Board Meeting	4/12
Eggstravaganza	4/23

Note: Classes are cancelled on legal holidays

Please Make Note: the
 Highlands Recreation Center
 website and emails have changed:

www.highlandsrec.ca.gov

margaretg@highlandsrec.ca.gov

jeffs@highlandsrec.ca.gov

brycer@highlandsrec.ca.gov

mikek@highlandsrec.ca.gov

rebeccah@highlandsrec.ca.gov

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Pool Memberships

Our pool and fitness memberships can be paid monthly or annually. (If paying monthly, it is required that you sign up for ACH Automatic Payments.) To become a member there is an initial registration fee. As long as your membership remains current, you will never pay the registration fee again.

Monthly Fee's:

	<u>Highlands Res</u>	<u>CSA 1 Res</u>	<u>Non-Res</u>
Senior(62+)	\$15	\$20	\$25
1st Person	\$20	\$25	\$30
Add. Adults	\$8	\$11	\$15
Add. Children	\$3	\$3	\$5
Registration	\$200	\$250	\$300

Notes:

1. All pool memberships include fitness room membership.
2. All pool members receive a 10% discount on all aquatic class fees.
3. Child price is age 3-17. Children under 3 are free.
4. Pay for the year in full at time of registration and receive \$40 off the annual fee for a family membership (3 or more people over the age of 2) or \$20 off the annual fee for an individual or 2 person membership.

Entrance Fees for Non-Members

Residents: \$5 per person with proof of residency (swimming or non-swimming)

Non-Highlands Residents: \$10 per person (swimming or non-swimming)

Guests of Member: \$3 per person (member must be present during entire visit, 6 guests max per family membership)

Underwater Easter Egg Hunt

Come straight to the pool after the Eggstravaganza and join in the fun of hunting for eggs underwater! There will be delicious goodies for sale and lots of fun prizes!

Saturday, April 23rd
11am \$2 Entry Fee

DOME POOL HOURS

1/3/10-3/27/10

MWF	6:15-9:00am	Lap Swim
	8:00-9:00am	Aqua Track
	11:00am-1:00pm	Rec/Lap Swim
	11:05am-12:00pm	Water Workout
	3:30-5:00pm	Rec Swim
TTh	5:00-7:30pm	Lap Swim
	5:00-7:30pm	Swim Team
	3:30-5:00pm	Rec Swim
	5:00-6:30pm	Lessons/Lap Swim
	5:00-7:30pm	Lap Swim
Sat/Sun	4:30-7:30pm	Swim Team
	10:30am-1:00pm	Lessons/Lap Swim
	1:00-4:00pm	Rec Swim
	3:30-5:00pm	Lessons (Sun. Only)
	4:00-5:00pm	Lap Swim

**schedule subject to change*

Pool Schedule Changes

Pool Closed:

12/24-1/2/11 Winter Holiday
3/28/11-3/29/11 Dome Removal

Hour Changes:

1/17/11 MLK Jr. Day - Sunday Hours
2/21/11 President's Day - Sun. Hours
Dates TBA HDAC Swim Meets



Wanted. . . Lifeguards and Swim Instructors

Contact Bryce at (650) 341-4251 for more information.

For Your Health

It is the Highlands Rec Pool Policy that all children the age of 3 AND under (recommended for children age 4) must wear a swim liner while in the pool. Reusable liners are available at the pool office for \$10. (ie: "Huggies Little Swimmers" and other products made for swimming are acceptable.)

****Drill Warning:** Please be aware that during the year HRC will be performing unannounced emergency rescue drills at the pool. We ask for your cooperation during these drills. These drills are an essential part of emergency preparation.

Pool Parties and Rentals

Come out and celebrate at the Highlands pool! Great for birthday parties, sports teams and any other special occasion! Call Bryce for more info. Also ask about our pool party game coordinator!





Youth Swim Lessons

All classes are taught by Certified American Red Cross Water Safety Instructors. Classes are 28 minutes long.



Winter Swim Lessons

MW Classes (3 weeks)

W I	1/3-1/19	\$50/55 (No Class 1/17)
W II	1/24-2/9	\$60/65
W III	2/14-3/2	\$50/55 (No Class 2/21)
W IV	3/7-3/23	\$60/65
Sp I	3/30-4/13	\$50/55 (Starts on Wed.)

Class Times

3:30pm	Levels I, II
4:00pm	Levels II, III
4:30pm	Levels I, IV
5:00pm	Levels III, V-VI

TTh Classes (3 weeks)

W A	1/4-1/20	\$60/65
W B	1/25-2/10	\$60/65
W C	2/15-3/3	\$60/65
W D	3/8-3/24	\$60/65
Sp A	3/31-4/14	\$50/65 (Starts on Thurs.)

Class Times

5:00pm	Levels I, II
5:30pm	Levels II, III
6:00pm	Levels IV, V

Friday Classes (4 weeks)

W a	1/7-2/4	\$40/45 (No Class 1/14)
W b	2/11-3/11	\$40/45 (No Class 2/18)
W c	3/18-4/8	\$30/35

Class Times

3:30pm	Levels I, II
4:00pm	Levels II, III
4:30pm	Levels IV, V
5:00pm	Levels III, IV

Saturday Classes (4 weeks)

W 1	1/8-2/5	\$40/45 (No Class 1/15)
W 2	2/12-3/12	\$40/45 (No Class 2/19)
W 3	3/19-4/9	\$30/35

Class Times for Saturdays

10:30am	Levels IV, V-VI
11:00am	Levels I, III
11:30am	Levels II, V-VI
12:00pm	Levels I, II
12:30pm	Levels III, IV

Parents can workout too!

During the time your child(ren) is(are) in the water having a swim lesson(s), you're welcome to take advantage of our Fitness Center. (Only for individuals ages 15 & up. FREE!)

Sunday Morning Classes (4 weeks)

W 1s	1/9-2/6	\$40/45 (No Class 1/16)
W 2s	2/13-3/13	\$40/45 (No Class 2/20)
W 3s	3/20-4/10	\$40/45

Class Times for Sundays

10:30am	Levels IV, V-VI
11:00am	Levels I, III
11:30am	Levels II, V-VI
12:00pm	Levels I, II
12:30pm	Levels III, IV

Sunday Afternoon Classes (4 weeks)

W 1a	1/9-2/6	\$40/45 (No Class 1/16)
W 2b	2/13-3/13	\$40/45 (No Class 2/20)
W 3c	3/20-4/10	\$40/45

Class Times

3:30pm	Levels I, III
4:00pm	Levels II, IV
4:30pm	Levels III, V-VI

Youth Swim Lessons Descriptions

Level I (minimum age 3)

Orientation to water for new students will include entering/exiting water independently, submerging head, opening eyes under water, blowing bubbles, bobbing, supported kicking and floating, beginning arm stroke and personal water safety rules.

Level II

Students will learn jump-in entry, to retrieve objects, unsupported floating and gliding, kicking front and back, combined stroke front and back and safety rescue skills.

Level III

Students will learn coordinated front and back crawl, rolling over and reversing direction, elementary backstroke, butterfly kick, deep water entries including diving, P.F.D. use and safety & rescue skills.

Level IV

Students will learn breaststroke, sidestroke, butterfly, standing diving, turns at the wall, treading water and safety & rescue skills. Students will improve front/back crawl and elementary backstroke.

Level V

Students will learn flip turns, surface dives, underwater swimming and safety rescue skills. Students will improve front dive, front/back crawl, breaststroke, sidestroke and elementary backstroke & butterfly.

Level VI

Students will learn approach stroke, flip turns, jump tuck from diving board, approach and hurdle on diving board, and safety/rescue skills. Students will improve front/back crawl, breaststroke, sidestroke, butterfly and elementary backstroke.

Kids! **Private Lessons** Adults!

Have you always wanted to learn how to swim, or just improve your skills? Don't think you have the time? Private lessons provide the perfect opportunity to reach your goals. Classes are tailored to meet the student's needs. Highlands Swim School is scheduling Private (1 student/1 instructor) and Semi-Private (2 students/1 instructor) lessons. Lesson times are set to meet the needs of the student. Fee is for one single 28 min lesson. Call Private Lesson Coordinator at (650) 341-4251 to schedule. Payment for lesson must be made prior to lesson.

Private: \$30/31

Semi-Private: \$24/25

Private Diving Lessons
with Kelly Winterbottom:

\$40 for a 28 min lesson.

Failure to attend a semi or private lesson without 24 hour notice will result in being charged for the missed lesson

Energizer Deep H2O

In this class we will work all parts of our body. We will tone, stretch and shape. We will use water weights and water floats. We use flotation belts. Join us for a fun way to exercise. Bring water, enjoy fun music and a good time. This class is in deep water. You do not need to know how to swim for this class; however you will need to be water friendly. **No Class: 1/17.**

M 1/3-2/14 5:45-6:45pm \$60/65



The Community Emergency Response Team (CERT) program educates people about disaster preparedness for hazards that may impact their area and trains them in basic disaster response skills such as fire safety, light search and rescue, team organization and disaster medical operations.

Wed 2/2-3/9 6-9pm Free

After attending your 5 CERT training classes you are required to attend a disaster simulation day to receive your certification.

Disaster Simulation Day: 3/13 9am-4pm

Location: Cal Fire Station 17, 320 Paul Scannell Dr.
San Mateo, Ca 94402

Aqua Fit

Whether you're new to exercise or a seasoned athlete, aquatic exercise will have you working harder, safer and having more fun than you ever thought possible. No swimming skills are necessary. Adults of all ages welcome.

No Class: 12/24-1/2, 1/17, 2/21, 3/28

MWF On-Going 11:05am-12pm

Aqua Track

This deep water exercise program will improve your fitness and reduce stress. While wearing a flotation belt you will exercise vertically in deep water. Join this no impact and gentle resistance workout program that is perfect for arthritis or rehabilitation from injury. Adults of all ages.

No Class: 12/24-1/2, 1/17, 2/21, 3/28

MWF On-Going 8-9am

Punch Card Fee's for Aqua Fit/Track

Drop-in Fee: \$10, 5 Use Card: \$40

10 Use Card: \$70, 20 Use Card: \$120

Adapted Aquatics

Our adapted aquatics program focuses on water safety, self confidence, and the physical developmental skills of each student. Classes are geared for individuals with special needs and each individual is encouraged to progress at his or her own pace. Lesson times are coordinated between the student and instructor. Fee is for single half hour lessons. Call the private lesson coordinator to schedule. **\$30/31 per session. 28 min lessons.**

Lifeguard Training Class

This comprehensive training program is for the individual who wishes to become a lifeguard at a pool. This will certify the passing student in CPR for the Professional Rescuer, First Aid and Lifeguard Training. Students must be 15 years old or older (proof of age must be shown at the 1st meeting) and pass a water skills test to be admitted into the class. Bring class material, swim suit, towel and comfortable clothing. **MUST ATTEND ALL CLASSES PER SESSION!**

M-Th 4/4-4/7 8am-5pm \$200/205

Highlands Dolphins Aquatic Club



The Highlands Dolphins Aquatic Club (HDAC) is a positive energetic swim program designed to help participants achieve their personal best. Regular practices contribute to life long fitness skills. Annually, all swimmer must register with USA Swimming. All swimmers have the opportunity to compete regularly in local dual meets during the summer and in USA Swimming meets year round. Swimmers are encouraged to continue with swim lessons to receive hands-on instruction.

Red Group

Age: 5-8 years

Pre-requisite: Ability to swim 25 yards (one length of the pool) freestyle; comfortable swimming backstroke; some knowledge about butterfly and breaststroke.

MW 5:00-5:30pm \$60/65

TTh 4:30-5:00pm \$60/65

White Group

Age: 5-10 years

Pre-req: Ability to swim 25 yards (one length of the pool) of freestyle and backstroke; working knowledge of butterfly and breaststroke.

TTh 5:00-5:45pm \$70/75

Blue Group

Age: 8-12 years

Pre-req: Ability to swim 50 yards (2 lengths of the pool) of freestyle and backstroke without stopping; working knowledge of butterfly and breaststroke.

TTh 5:45-6:30pm \$70/75

Bronze Group (Pre-Competitive)

Bronze is our pre-competitive swim team group for swimmers interested in improving their swimming ability, both fitness level and form. This group includes younger swimmers who may compete and older swimmers not yet ready for competition. Swimmers must be competent in Freestyle and Backstroke, be comfortable swimming 100 yards (4 lengths of the pool) without stopping, and have a working knowledge of Butterfly and Breaststroke. Swimmers are encouraged to participate in summer dual meets and, if registered with USA Swimming, may participate in meets year round.

MWF 5:30-6:30pm \$75/80

Silver Group

Silver is our intermediate swim team group for swimmers who love the water and are able to swim 100 yards of each stroke (Fly, Back, Breast and Free). The group works on improving form, endurance, speed and fitness. Swimmers are encouraged to participate in swim meets and are required to register with USA Swimming even if they choose not to compete.

M-F 6:30-7:30pm \$95/100

Reminder: There will be no Swim Team Practice on 12/24 and 12/25.

Join the Highlands Dolphins Aquatics Club yahoo group to receive information about upcoming events, meets, and important announcements. To join the Yahoo group list, email Bryce at brycer@highlandsrec.ca.gov

~~~~~ Late Fees ~~~~~

All monthly fees must be paid by the **5th business day of each month**. All monthly fees paid after the 5th business day of each month will be subject to a **\$15 late fee** per child per class.



Part of what makes a successful swim team is the active participation of the parents as well as the swimmers. Swim Team parents will be expected to volunteer at meets and fundraising events. Pre-Team parents are encouraged to volunteer as well. The Swim Team Boosters meet once a month and attendance is encouraged.

Highlands Early Education Program 2010 - 2011

"Where children love to learn"

The Highlands Early Education Program (EEP) is community based and committed to creating a positive safe environment where your child's learning will thrive, be nurtured and loved. We find new and innovative ways to teach curriculum, foster development and ignite your child's imagination. Our licensed program cultivates the growth of your child's self-esteem, socialization, early education and the continuous developmental experience. The understanding, knowledge & skills of our teachers harbor a warm, loving and inviting atmosphere for your child which will raise your comfort level and ensure your peace of mind.

We believe that children learn best through play; that is why our program is developed around theme based curriculum, lesson plans and activities that teach fundamental concepts. For example, each week we follow a specific letter of the alphabet and use it as a springboard for science, art, movement, math and language activities. Other weeks follow curriculum focusing on the senses, recycling and protecting our world, our bodies, eating healthy and architecture week. This medium encourages children to express themselves in areas of social, intellectual, emotional and physical growth. The importance of muscle development is emphasized in our program through climbing on structures on the playground, digging in the sandbox, running, riding tricycles and using the upper body for physically active and body strengthening experience. The Early Education Program focuses on hands-on learning activities both in the classroom and outside that provide each child with the opportunity to learn at his/her level by their own tactile experience. **EEP Director: Rebecca Hitchcock**

M-F, TTh, MWF

8am-12:30pm

Last Day of School: Friday, 6/11

Jan/Feb/Mar/May:

M-F \$657/662

M/W/F \$549/554

Tu/Th \$389/394

Dec:

M-F \$427/432

M/W/F \$356/361

Tu/Th \$252/257

Apr:

M-F \$492/497

M/W/F \$411/416

Tu/Th \$291/296

June:

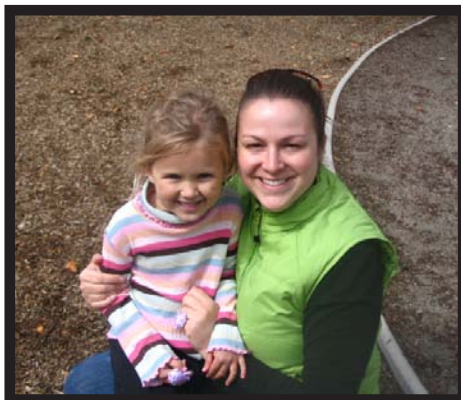
M-F \$262/267

M/W/F \$219/224

Tu/Th \$155/160

EEP Drop In: \$40/45

***Drop-Ins for currently enrolled families only.**



**Annual
Registration Fee:**
\$105/child

**EEP emergency
packets available
online at: [www.
highlandsrec.ca.gov](http://www.highlandsrec.ca.gov)**



For Your Calendar...

EEP CLOSED:

Non Holiday's: 1/28/11

Winter Camp: 12/20-12/31

Martin Luther King Jr. Day: 1/17

Teacher Work Day: 2/18

President's Day: 2/21

Spring Break: 4/4-4/8

Memorial Day: 5/30

First Day of School: 9/7

Last Day of School: 6/10

Ages 2.5-3.75: The Poppies "Oh, the experiences I will have" This program promotes your child's creativity, independence and imagination; socialization, language and reading readiness are all incorporated into hands-on daily activities. Children are encouraged and begin to identify colors, shapes while also learning to recognize letters of the alphabet. Circle time with songs and stories are incorporated into the daily routine. It is our definitive goal to instill a joy of learning in your child, positive socialization experience and development of personal confidence to try and be exposed to new challenges that will result in future successes.

Ages 3.76-5: The Willows "Onwards and Upwards: Oh the places I will go" This age appropriate program brings together many foundations built in earlier years of structure, independence and exploration. This program emphasizes a wide range of educational activities that promote language arts, reading readiness, motor skills, socialization and science. Our environment promotes creative expression, peer cooperation, conflict resolution and movement activities. Children will learn to both recognize and write their own name, participate in daily circle time and create lasting friendships. Parent conferences will be held twice during the school year in order for both the teachers and parents to see the development and growth of their child from start to finish. Our staff provides a personalized experience that will prepare your child with the necessary skills for their elementary educational experience.

CLASSROOM READINESS: Age does not always determine a child's learning scope; classroom readiness can be evaluated by trained teachers to establish your child's level for the Early Education Program. Each group will be separated for age appropriate and developmental curriculum, 2.5-3.75 year olds & 3.76-5 year olds. The two separate groups will come together for snack and playground time. All children must be potty trained to be in our program.

After School Program 2010 - 2011

The After School Program is open to Elementary School students, ages 5-12 and grades K-5. During the school year we also offer a winter and spring camp, and are open on most Staff Development Days. The main goal of the ASP is to guide and safeguard those children who come to our program. It is also our goal to provide a program which meets the fundamental needs for growth and development common to all children. The ASP will offer children enriching, fun and exciting opportunities to both learn and play. Each day will offer a variety of activities to choose from so each child's special needs and interests will be met. It is also our goal to increase each child's awareness and respect for cultural diversity. While offering these activities we hope to build each child's confidence and self-esteem. Fees are for Resident & Non-Res. ASP hours are from grade level daily school release until 6pm. *Rec Swimming T/Th 3:30-5pm, during the school year.* **ASP Head Teacher: Brenda Tam**

ASP 2011 Fees

All Drop Ins for Kinder: \$55/60
1st-5th: \$45/50

Jan/Feb/Mar/May:

	<u>5 Days</u>	<u>4 Days</u>	<u>3 Days</u>	<u>2 Days</u>	<u>1 Day</u>
Kinder	\$552/557	\$509/514	\$411/416	\$355/360	\$207/212
1st - 5th	\$408/413	\$370/375	\$288/293	\$245/250	\$140/145

Dec (1 - 17):

	<u>5 Days</u>	<u>4 Days</u>	<u>3 Days</u>	<u>2 Days</u>	<u>1 Day</u>
Kinder	\$359/364	\$330/335	\$267/272	\$230/235	\$114/119
1st - 5th	\$265/270	\$240/245	\$187/192	\$159/164	\$91/96

Apr (1 & 11-29):

	<u>5 Days</u>	<u>4 Days</u>	<u>3 Days</u>	<u>2 Days</u>	<u>1 Day</u>
Kinder	\$414/419	\$382/387	\$308/313	\$266/271	\$155/160
1st - 5th	\$306/311	\$277/282	\$216/221	\$183/188	\$105/110

Jun (1-15)/ Last Day of ASP Wed 6/15:

	<u>5 Days</u>	<u>4 Days</u>	<u>3 Days</u>	<u>2 Days</u>	<u>1 Day</u>
Kinder	\$276/281	\$255/260	\$206/211	\$178/183	\$104/109
1st - 5th	\$204/209	\$185/190	\$144/149	\$123/128	\$70/75

EEP, ASP & In Crowd 2010-2011

EEP

\$105 Non-Refundable Reg. Fee

ASP/In Crowd

\$75 Non-Refundable Supply fee
(per child) required to hold a spot

2010-2011 Child Care

Enrollment for EEP, ASP and In-Crowd 2010-2011 school year in progress. Contact the office today for information and registration.

Sibling Discount/Supply Fees

Supply Fee: One time ASP annual supply fee of \$75/child

School Year: \$10 per month second child discount for kids enrolled in any of the following programs: ASP, In Crowd & EEP.

Camps: \$5 per session second child discount for kids enrolled in any of the of our camp programs.



Child Care Late Fees

All monthly fees must be paid by the **5th business day of each month**. All monthly fees paid after the 5th business day of each month will be subject to a **\$15 late fee** per child per month. **Late pick up charge: \$10 per every 5 minutes past 6pm.**

For Your Calendar...

ASP/IN CROWD CLOSED:

Winter Camp: 12/20-12/31
Martin Luther King Jr. Day: 1/17
Teacher Work Day: 2/18
President's Day: 2/21
Spring Break: 4/4-4/8
Memorial Day: 5/30

IN CROWD OPEN ALL DAY @ Rec Center, at no extra charge for regularly scheduled kids:

Full Day Drop In: \$60/65
(7:30am-6pm)
1/28/11

Last Day of ASP/In Crowd: 6/15

"In Crowd"

Are you looking for a quality well organized program for your middle school student? Look no further because Highlands Rec Center prides itself on providing quality activities for students in 6th, 7th and 8th grade at the CSUMC at 2145 Bunker Hill Dr. Our enthusiastic Head Teacher will provide safe supervision while encouraging age appropriate independence. An afternoon snack is provided each day along with a quiet hour for homework, special activities, games and more. M-F, 3-6pm. All minimum days accommodated. We transport children from Abbott Middle School to the In Crowd and escort children who attend Borel Middle School from the bus stop across the street from The Church. Call Mike at 341-4251 to register or for more details.



In Crowd Head Teacher: Zack Tschierschky

In Crowd 2011 Fees

Jan/Feb/Mar/May:

5 Days	4 Days	3 Days	2 Days	1 Day
\$408/413	\$370/375	\$288/293	\$245/250	\$140/145

Dec (1 - 17):

5 Days	4 Days	3 Days	2 Days	1 Day
\$265/270	\$240/245	\$187/192	\$159/164	\$91/96

Apr (1 & 11-29):

5 Days	4 Days	3 Days	2 Days	1 Day
\$306/311	\$277/282	\$216/221	\$183/188	\$105/110

Jun (1-15)/ Last Day of ASP Wed 6/15:

5 Days	4 Days	3 Days	2 Days	1 Day
\$204/209	\$185/190	\$144/149	\$123/128	\$70/75

All Drop Ins for In Crowd: \$45/50

In Crowd emergency packets available online @ highlandsrec.ca.gov



Seasonal Camp Discounts

Sign up for 8 or more days of Winter Camp and receive 1 non-field trip day off for Spring Camp 2011.

Sign up for the entire week of Spring Camp and receive half off one week of Summer Fun Zone Camp 2011.

Winter Camp 2010

K-8th Grade

Wk 1: 12/20-24 **Wk 2:** 12/27-12/31

Hours: 7:30am-6pm (closes @ 5pm on Dec. 12/24, 12/31)

Our Seasonal Camps Program offers an atmosphere for happiness, laughter, friendship and tradition. We provide a morning and afternoon snack. Our camp will be filled with engaging activities to keep your child challenged and entertained all day long. Come and join this festive and energetic camp during your winter break from school.

Theme Days

Monday	12/20	Ultimate Dance Party
Tuesday	12/21	Sports Extravaganza
Wednesday	12/22	Extreme Obstacle
Thursday	12/23	Field Trip Movie Theatre
Friday	12/24	Winter Solstice

Monday	12/27	Winter BBQ and Jumper
Tuesday	12/28	Artrageous Crafts
Wednesday	12/29	Culinary Treasures
Thursday	12/30	Field Trip Pump It Up
Friday	12/31	New Year's Eve

Subject to change

Camp Res/Non Res Fee:

Daily Fee	\$60/65
Field Trip Day Rate	\$70/75
Weekly Rate	\$250/255

Spring Camp 2011

K-8th Grade

April 4-8 Hours: 7:30am-6pm

Parents, yeah we're talking to you! Have you enrolled your children in Spring Camp yet? Send them to The Rec. for a week of WOW! Our Spring Camp will be filled with engaging activities and a memorable field trip to keep your child entertained all week long.

Theme Days

Monday	4/4	Art Extravaganza
Tuesday	4/5	Outdoor Madness
Wednesday	4/6	Kids Vs. Food Challenge
Thursday	4/7	Field Trip Santa Cruz Beach Boardwalk
Friday	4/8	Wild, Wild, Wilderness

Subject to change

Camp Res/Non Res Fee:

Daily Fee	\$60/65
Field Trip Day Rate	\$70/75
Weekly Rate	\$250/255



Highlands Hoopsters



Instructional Basketball League
Boys & Girls K-5th grade

This CO-ED non-competitive basketball program is designed for youth and is a volunteer parent-coached program where parents can enjoy teaching basic basketball skills to children. Teams will consist of 10-12 players and at least two parent coaches. **Team Divisions:** At the time of registration, you may request ONE other person to be on the same team. Or, you may turn in a complete team of 10 members at the time of registration. Teams will have the opportunity to pick a team name at the first meeting. Children will be given shirts on the first day of games.

League Format:

- Approximately 1/2 hr of skills & drills: dribbling, passing, shooting & defense
- 1/2 hr scrimmage: children will play against other teams in their age group.
- NO SCORE is ever kept
- All children will receive equal playing time
- There will be a referee to officiate the 30-35 min scrimmages
- Teams will play at different times each week
- League lasts 7 weeks



Program Schedule

Game Dates	Day	Division	Time
1/22-3/12	Sat	4th-5th	9-10am
1/22-3/12	Sat	2nd-3rd	10am-12pm*
1/22-3/12	Sat	K-1st	12-2pm*

Fees: \$80/85 per person \$5/sibling discount

Parent Coaches Needed

Hoopsters needs volunteer coaches to instruct and encourage their players on how to play the game of basketball. **NO BASKETBALL OR COACHING EXPERIENCE NECESSARY!** Whether you're a mother, father, aunt or uncle, you'll soon realize that you're having more fun than the kids.

**Parent Coach Clinic: Location S.R.
Tuesday, January 19th at 6:30pm**

SIGN-UPS END: JAN 14th

*Note: 2nd-3rd will play at either 10am or 11am, and K-1st will play at either 12pm or 1pm, with each time slot lasting 1 hr (No Basketball 2/19)
Location: HRC Gym



Highlands Rec Ball

A Non-Competitive T-Ball League
Boys & Girls: Ages 4-8



Players will learn the basic fundamentals of throwing, hitting, fielding, teamwork and having fun in non-competitive league format. Kids play in a positive and safe environment using safety balls and batting helmets, with plenty of support from volunteer parent coaches. **Team Divisions:** At the time of registration, you may request ONE other person to be on the same team. Or, you may turn in a complete team of 12 players at the time of registration. Teams will have an opportunity to pick a team name at the first meeting. Children will be divided into teams and given shirts on the first day. **Pee-Wee:** For children ages 4-6, each player gets two at-bats off the tee, and the 3rd at-bats slow pitch from the coach. **Junior:** For children ages 6-8. Each player will receive 3 at-bats. Each player will receive a slow pitch, unless the tee is needed.

League Format:

- Games are held at the Highlands School grass field (off Bunker Hill Exit) All equipment will be supplied by HRC, except for the players' glove.
- There will be a 15 minute team warm up before each game and each game will last approximately 1 hr.
- NO SCORE is ever kept, NO OUTS and all players will get to bat 3 times and play various field positions.
- Everyone fields and bats each inning.

Parent Coaches Needed

- Rec Ball needs volunteer coaches to instruct and encourage their players on how to play the game of baseball. **NO BASEBALL OR COACHING EXPERIENCE NECESSARY!** Whether you're a mother, father, aunt or uncle, you'll soon realize that you're having more fun than the kids.

Coach Clinic: Monday, March 22nd @ 6:30pm, in S.R.

Program Schedule

Game Dates	Day	Division	Time
3/26-5/28	Sat	Junior	9-10:15am
3/26-5/28	Sat	Pee-Wee	10:15am-2pm*

- *Note: Pee-Wee will play at either 10:15am or 11:30am, with each time slot lasting 1.25 hr* (No Rec Ball 4/2, 4/23)

SIGN-UPS START: December 6th

SIGN-UPS END: March 18th

Fees: \$85/90 per player \$5/sibling discount

Highlands Rec Tennis

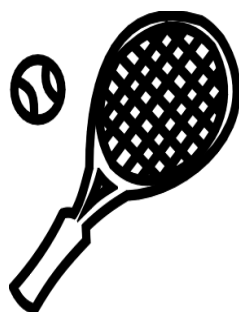
Come Join the Fun!

Rec Tennis is a CO-ED league that will be played on Sundays. Games will be instructional and teach children how to keep score. Players will learn the fundamentals of tennis- forehand shots, backhand shots, volleys and serves. There are no teams, we will be playing games on all three courts (six to 12 players at a time). Games will last up to 45 minutes, with players practicing against each other and ending with serving to one another.



League Format:

- Approximately 1/2 hr of skills & drills: forehands, backhands and tennis concept- rallies, crosscourt shots, etc.
- 15 minutes practicing serving and returning serves
- Players will learn how to keep score
- All children will receive equal playing time



Program Schedule

Game Dates	Day	Ages	Time
3/27-5/8 (No Class 4/3, 4/24)	Sun	4-7	1-4pm

Game times will vary from week to week. Kids will be put in groups based on age and given time slots which will rotate.

Volunteers Needed!

The HRC will provide staff in order to organize the league, as well as give basic tennis instruction. Parents with tennis experience are always welcome! The more help kids get, the more wholesome the tennis experience they will have. Contact Jeff at the Rec for more information.
(650) 341-4251

Fees: \$50/55 per person
\$5 sibling discount

SIGN-UPS END:
March 25th

Soccer & Smiles

Let your child's first soccer experience be a great one! Designed specifically for children ages 3 - 5. Soccer and Smiles strives to teach the fundamentals of soccer in a fun, positive, non-competitive and safe environment, while promoting a love of the world's most popular team sport! Children come away from our classes with self-confidence and a smile! Our program enhances gross motor skills, encourages regular exercise and promotes a healthy lifestyle. **Ages 2.5 - 5 years old. No Class: 1/17, 4/4.**

M	1/3-2/14	12:30-1pm	\$60/65	Gym
M	2/28-4/11	12:30-1pm	\$60/65	Gym

Highlands Theater

"Wizard of Oz"

Highlands Theater is back! With all the energy and enthusiasm from last year, Miss Jang has decided to take on the role of director once again. This is a comprehensive theater experience that allows students to perform on stage and work behind the scenes. Students will learn the value of working hard and together as the cast prepares for their production of, The Wizard of Oz. Join us on this journey to Oz and become a part of Highlands Theater this year! **No class: 1/17, 2/21.**

M, T, Th 1/10-3/10 3-4:30pm \$100/105* LGL
***\$50 lab fee paid to instructor.**

*There will be performances on Friday, March 11th, Saturday, March 12th and Sunday, March 13th.

Beginning and Intermediate Guitar

Learn how to play the guitar by focusing on technique and ear training. This class will demystify the sometimes overwhelming and confusing technical information. The approach and method is beginner-friendly and aims to make each lesson a productive and enjoyable experience. Teacher Robert 'Bo' Razon is a multi-instrumentalist, arranger, composer and teacher, who for nearly three decades has been studying, researching, teaching and performing within the musical genres of Blues, Rock, Jazz, Latin and World. 30 minute time slots. **Ages 6-Adult. (ASP Fee: \$5 less than resident). No Class: 1/17, 2/21.**

M	1/10-3/28	4-6:30pm	\$200/205	F.C.
T	1/11-3/15	3-6:00pm	\$200/205	F.C.

Horse Riding Lessons

C'mon out and ride! 10-session program teaches English-seat riding and horsemanship skills such as safe handling, horse behavior and grooming at Glenoaks Stables. Limited class size for personal attention, new friendships and lots of fun. All children must have a parent sign a release form before the first session. For more information: 650-854-4955 or glenoaksstables@gmail.com. **All lessons held at beautiful Glenoaks Stables at Glenoaks Equestrian Center, 3639 Alpine Rd., Portola Valley.**

T	1/4-3/8	4-5pm	\$120/125	Gym
F	1/7-3/11	4-5pm	\$120/125	Gym

Tap Dance

Tap for Tots/Tap I (Ages 3-9 yrs): This class is for the little tap dancer with little or no tap experience. We will have fun while building skills in basic tap technique. Please wear clothes you can dance in. Tap shoes required. Parents are welcome to watch. (ASP/EEP fee: \$50).

W 1/19-2/23 2:15-2:45pm \$55/60 Gym

Drum Circle

Learn to play the drums, and other percussion instruments like shakers, bells, and sticks. We'll explore African, Caribbean, and Latin styles of music. We'll work on rhythm, technique, how to play in a group, and also do some singing and dancing. Come check out the fun! Drums will be provided for all students in the class, but students can bring drums if they have them.

W 1/26-3/16 12:30-1:30pm \$96/101 LGI

Kids Nite Out

Take advantage of an evening out while your kids are having a fun filled night at the Rec. Pizza dinner and movie provided! Let them come play, relax and have fun in a safe and supervised environment. Pre-registration required. No Drop-ins available due to staffing. **5 child minimum. \$5 sibling discount. K-5th Grade. 4 yrs allowed if sibling of ASP child only. Must be potty trained.**

F	12/10	6-10pm	\$25 child	S.R.
F	1/21	6-10pm	\$25 child	S.R.
F	2/11	6-10pm	\$25 child	S.R.
F	3/18	6-10pm	\$25 child	S.R.

Pre-School Kids Nite Out

Need a dinner out with your special someone? YES! We will provide fun child care, as well as a pizza and juice dinner. Pre-registration required. No Drop-ins available due to staffing. **5 child minimum, 20 person maximum. \$5 sibling Discount. 2.5 yrs - Kinder only. Must be potty trained.**

F	1/7	6-9pm	\$22 child	S.R.
F	2/4	6-9pm	\$22 child	S.R.
F	3/4	6-9pm	\$22 child	S.R.

Mandarin Language Program

Enroll in our Mandarin-Chinese language program today. Jian Zhu will focus on language acquisition through language immersion and cultural activities. No previous Mandarin experience is necessary. *Class will be held at the Highlands School, Rm. 26 (Portable next to the Annex.) Max enrollment number is 14 students.*

No class: 1/17, 2/21, 4/4-4/8, 5/30.

Kinder

T/Th*	1/11-3/17	1-2 pm	\$350/355
T/Th*	3/22-6/2	1-2 pm	\$350/355

1st/2nd Grades

M	1/10-3/23	2:30-3:30 pm	\$350/355
& W*		12:30-1:30 pm	
M	3/28-6/13	2:30-3:30 pm	\$350/355
& W*		12:30-1:30 pm	

3rd Grade

T/Th	1/11-3/17	2:30-3:30 pm	\$350/355
T/Th	3/22-6/2	2:30-3:30 pm	\$350/355

4th/5th Grades

T/Th	1/11-12/17	3:30-4:30 pm	\$350/355
T/Th	3/22-6/13	3:30-4:30 pm	\$350/355

* The HRC Staff will provide child care from classroom release until Mandarin class time. There will be a small fee for this service, please call for more information and to sign up.

If you have any ideas for classes that you would like to see at the Highlands Recreation Center, please contact Jeff Schwartz by email: jeffs@highlandsrec.ca.gov

Science Adventures

Planet Zone - Embark upon a thrilling voyage of discovery through our solar system! From its icy edges to the fiery furnace of our Sun, investigate the secrets of our cosmic neighborhood! Build a comet, gaze upon the surface of a star, and build a K'Nex model of the planets in this out-of-this-world adventure!

Crime Busters - Special bulletin-a scientist has disappeared! The famed Dr. Shelby has vanished, and all that is left behind is a mysterious message. Scan the skies with astronomy, investigate the chemistry of suspicious substances, and zoom in with microscopes to unravel the mystery and find the good doctor, wherever he has gone! **Call the Highlands Rec at (650) 341-4251 to register for Science Adventures classes.**

Planet Zone

W 2/9-3/9 12:30-2pm \$110 Rm. 19

Crime Busters

W 3/16-4/20 12:30-2pm \$110 Rm. 19



Pre-Engineering w/ LEGO®

Have your child become a Play-Well Engineer! Students will build cities, bridges, and motorized cars/planes and explore the many creative possibilities of engineering with the LEGO® system. With access to over 100,000 pieces of LEGO, your child will have the opportunity to build what they have only dreamed of with the support of an experienced Play-Well Engineering instructor to guide them.

T 1/25-3/29 4-5:30pm \$249/254 Gym

Pre-Tap/Ballet

This class is designed for young dancers who want to learn the basics in tap and ballet. Class will start class in tap shoes where students will learn toe taps, heel digs, shuffles in a variety of ways, flaps, balance and much more. In ballet, students will learn the fundamentals including: posture, plies, skips and more. **Ages 4-5.**

Tu 1/18-3/8 1:45-2:45pm \$70/75 Gym

Ballet Intro

In this class the focus will be on ballet technique, posture and alignment while learning different positions, terminology, plies, tendue's, skips, polka, and more. Students will be working center floor with some across the floor combinations. **Ages 5-10.**

Tu 1/18-3/8 4-4:45pm \$70/75 Gym

Combo Tap/Ballet

Dancers in this class will have the opportunity to learn both tap and ballet. They will be working both center and across the floor. In tap they will learn, a variety of shuffles, front slaps, flaps and across the floor combinations. In ballet they will learn plie's, tendue's, releve's, polka, waltz and more.

Ages 6-10.

Tu 1/18-3/8 4:45-5:45pm \$70/75 Gym

What to Wear to Tap/Ballet

Girls - leotard, tights, ballet shoes (prefer pink) and tap shoes (if in a combo class). Skirts may be worn to and from class but please not during as they can be quite a distraction. Hair pulled away from face.

Boys - Shorts that they can move in easily (prefer no pockets), fitted t-shirt, black ballet shoes, tap shoes (if in a combo class).

Youth Tennis Lessons

Tues/Thurs

Pre-T	3/1-3/24	3:00-3:30pm	\$64/69	Ct. 4
Y I	3/1-3/24	3:30-4:30pm	\$96/101	Ct. 4
Y II	3/1-3/24	4:30-5:30pm	\$96/101	Ct. 4

Saturday Youth Tennis

Saturday

Pre-T	3/5-3/26	1:30-2:00pm	\$32/37	Ct. 4
Y I	3/5-3/26	2:00-3:00pm	\$48/53	Ct. 4
Y II	3/5-3/26	3:00-4:00pm	\$48/53	Ct. 4

Tennis Levels

Pre Tennis- This is an introductory tennis class for students ages 3-6 years old, that teaches balanced movement, footwork skills and eye-hand coordination.

Youth Tennis I- This class is for youth with little experience or instruction. They will be instructed in the basic fundamentals of proper grip, forehand, backhand, serve and volley. Although flexible, Tennis I students typically range in age from 6-10 years old.

Youth Tennis II- This class improves upon what was learned in Youth Tennis I and introduces tennis strategy to the students. Tennis II students typically range in age from 8-13 years.

Magic Lessons for Kids

Join Magic Jeanne for Magic Lessons. Learning magic enables the student to become disciplined in practice, build confidence through performing in front of an audience, manipulation of the hands (through sleight of hand magic) and responsibility to maintain their props. Magic can be performed for the hearting impaired that is how powerful the art of illusion is and it is enjoyed by all ages. **No Class: 2/18**

F 1/21-3/18 3:30-4:30pm \$120/125 Gym

Wacky Snacks

Flip flops, jewelry, bees and bugs, did you know you could make these to eat? Join this fun class from our babysitting instructor to learn to combine everyday food goodies to create edible sculptures and wacky snacks for your friends family, or yourself.

Class will be held at Barrett Community Center, Classroom D, Belmont, 94002.

W 1/26 1:30-3pm \$18/23 Off-site

Youth/Adult Kung Fu

Traditional Chinese martial art teaches physical fitness, Chinese culture, martial ethics, self defense, and develops the mind, body and spirit. Gary Suen is from the Jing Mo school and teaches from the original curriculum. Classes are beginning level and no previous martial arts experience is necessary. Please wear athletic clothing and shoes to class.

Ages: 10 to adult. Note: Continuing students can stay from 8:30-9pm for Advanced lessons.

Th	1/6-2/10	7:30-8:30pm	\$60/65	Gym
Th	2/17-3/24	7:30-8:30pm	\$60/65	Gym

Kid's Rock Climbing

5-session program introduces children to the great sport of rock climbing. Classes are designed so participants climb with children of their own age. Price includes a Planet Granite T-shirt! Parent must attend first class to sign release paperwork; child may not participate without signed paperwork!! Parent signing waiver and not accompanying the participant must submit a copy of their driver's license. Classes held at Planet Granite, 100 El Camino Real, Belmont.

Ages 5-8

F	2/18-3/18	4-6pm	\$125/150	Off-site
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Ages 9-13

F	2/18-3/18	4-6pm	\$125/150	Off-site
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Parent & Child Rock Climbing

There's nothing better than being able to participate in activities with your kids. This class will teach parents safety skills and how to manage the ropes for their child to climb at Planet Granite. Lesson price includes one hour of instruction, gear rentals, and a day pass for the child to climb afterwards. Registration is for one parent and one child. Please arrive 15 minutes early to sign release paperwork. Location: Planet Granite, 100 El Camino Real, Belmont. (650)591-3030. **Kid's ages 5-13. Parents 18+.**

Sat	3/12	9:45-11am	\$34/39	Offsite
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Babysitter's Training

Would you like a rewarding job this Winter? If so, enroll today and become a babysitter! You will learn fire and earthquake safety skills, nutrition, baby care, CPR and 1st Aid Skills. In order to get a certificate of completion you must ATTEND ALL CLASSES, BE ON TIME AND DO THE FUN HOMEWORK. Sign up today to start earning \$\$\$'s! **\$8 lab fee paid to instructor. Class will be held at Barrett Community Center, Classroom D, Belmont, 94002.**

Sat	3/5-3/19	9am-12pm	\$55/60	Off-site
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This On-line Drivers Education Course is approved by the California Department of Motor Vehicles. Reading, flash graphics, videos, and quizzes will prepare the reader to pass the written DMV test. The course is very easy to use. You simply log into the web site, enroll, and then you can begin immediately! For more information about the course and to register, go to Economic Online Driving School at www.economicdrivingschool.com/online. When registering make sure you complete the question that says, How did you hear about us by choosing Activity Guide. Then enter HRC code: **4251**

Cost: \$68.50

Ballroom Dance Sampler

Have you ever wondered what it would be like to effortlessly glide across the dance floor like Fred Astaire and Ginger Rogers? Well you can begin, by learning the basics of the Waltz, Foxtrot, and American Tango in this new and exciting dance class! Join dance Instructor Kimi Wynn in our Ballroom Dance Sampler, she will have you dancing like a pro in no time. No dance partner needed. Come out and enjoy the fun. **No Class: 1/17, 2/21**

M	1/10-3/14	\$80/85	7-8pm	Gym
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Blue Angels Youth Ski & Snowboard Program

The Blue Angels program gives children and teens the opportunity to ski or snowboard the Sierra's with friends and other snow sport enthusiasts in a fun, yet structured environment. Open to all ability levels, from first-timers to experts, the program consists of 5 full Saturday's of professional coaching taught by resort instructors. Lift tickets, luxury bus transportation to Sierra-at-Tahoe Resort, constant adult supervision, lunch & snacks, Pro-Tec snow helmet, sponsor goodie bag and equipment rental/leasing discounts are all provided in total fee. The Blue Angels program provides a learning environment that fosters independence, builds self-esteem and boosts athletic skills.

Please visit www.BlueAngelSnow.com for pickup locations and times or call (925) 939-7669 for more information. **Ages 7-16. No Class: 2/19.**

Sat 1/22-2/26 Check web for pickup loc. \$799

Adult Basketball Tournament

The Highlands Recreation Center is hosting it's first annual One Day Only - 3 on 3 Adult Basketball Tournament. The Highlands Rec. will include all equipment and officials throughout the day. Teams can consist of 3 or 4 players, with 3 total on the court at a time. Games format will be two 20 minute running halves and a three game guarantee for each team. All teams must consist of players 18 years and older. Tournament winners will receive t-shirts of your design and a team prize. **Pre-registration required. 8 teams max.**

Sat 2/5 \$100 per team Times Vary Gym



Adult Tennis Coaching

Tennis coaching has been one of the longest running and most popular programs at HRC. Find out why as Scott Perlstein and staff instruct students on how to work on stroke production, doubles strategy, and a whole lot more. This is an ongoing program.

Level	Day	Time	Loc.
Rank 3.5	Th	11:15-1:15pm	Ct. 1-3
Rank 4.0	Fri	12-2pm	Ct. 1-3

Private Tennis Lessons

Available daily from Scott Perlstein Enterprises. For more information, rates and/or sign-ups call Scott at 343-7343.

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Jazzercise

▪ Great Work Out

The original dance exercise phenomenon is a fusion of jazz dance, resistance training, Pilates, yoga and kickboxing movements combined in a 60-minute total body workout!

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Routines are choreographed to great music including Top 40, funk, country and classics making them fun and easy to follow. When your workout is fun, results come easy. Hand weights optional.

▪ Join Us

Wear comfortable clothing; bring water, towel & mat.

▪ Questions?

For more information and to sign up please contact Tanya To at: t.to@sbcglobal.net or (650) 520-3887

T,Th On-Going 6:15-7:15pm Gym

Sat,Sun On-Going 8-9am,9-10am Gym

Collette Vacations

The Highlands Recreation District presents . . .
Collette Vacations, all inclusive vacation trips.

Canyon Country

featuring Arizona & Utah

March 17 - 25, 2011

9 Days • 12 Meals: 7 Breakfasts • 5 Dinners

Highlights...Scottsdale • Oak Creek Canyon
• Kaibab National Forest • Grand Canyon •
Lake Powell • Monument Valley • Bryce Canyon
National Park • Zion National Park • Las Vegas
Per Person Rates: Double \$2,399

Southern Charm

featuring Charleston, Savannah & Jekyll Island

May 8 - 15, 2011

9 Days • 12 Meals: 7 Breakfasts • 5 Dinners

Highlights...Historic Charleston • Boone Hall
Plantation • Beaufort Savannah • Factors Walk
• Jekyll Island • St. Simons Island
Per Person Rates: Double \$2,049

Metals and Stones Workshop

Join our project oriented beginning torch work, and you will make a Silver link necklace using wire to solder all links. Tools and materials will be supplied. You will learn to make: rope wire, twisted square wire, round and oval links, assemble necklace, solder links, and finish. Bring strong eyeglasses if necessary. **All materials supplied by instructor; Materials fee: \$40 paid to instructor.**

Th 2/3-3/3 6:30-9:00pm \$195 HRC S.R.

Sea Glass and Stone Setting

In our soldering and stone setting class, you will learn to make bezels and set beach glass or stones (open back-closed back) into a sterling silver pendant or ring. Soldering experience is helpful but not necessary. Please bring your beach glass or loose stones if you have any, as well as strong eye glasses if needed. **All tools and materials supplied by instructor; Materials fee: \$35 paid to instructor. Loc: Burlingame Rec Center, 850 Burlingame Ave, Burlingame 94010.**

Sat 1/29 9am-4:30pm \$135 HRC S.R.
F 3/18 9am-4:30pm \$135 Burlingame



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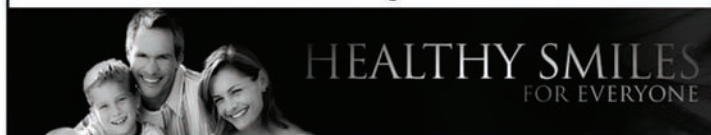
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Pilates Mat Class

Pilates Mat Class will introduce the language of Pilates to beginning students by focusing on breathing, identifying the core of support for exercises, and stabilizing the pelvis. This is a great class whether you are just beginning or have never practiced the technique of Pilates before. Pilates is a series of over 35 exercises that can be performed on the mat, including flexion, extension, lateral flexion, and rotation exercises. A combination of basic, intermediate, and advanced exercises are introduced as the client develops strength, flexibility, coordination and mental awareness. In addition to bringing a mat, you should also bring 2 or 3 pound hand weights. No experience necessary!

W 1/5-2/9 6:30-7:30pm \$60/65 Gym
W 2/16-3/23 6:30-7:30pm \$60/65 Gym

Make a Silver Stone Ring

Learn to solder and set a stone. Bring your loose stone or I will supply you with all materials and tools so that you will make your very own Sterling Silver ring with a bezel set stone. **All materials supplied by instructor; Materials fee: \$40 paid to instructor. Loc: Beresford Rec. Center, 2720 Alameda De Las Pulgas, 94403.**

M 1/24-1/31 6:30-9:00pm \$105 Off-Site

Heartsaver CPR Heartsaver First Aid

Designed for employee training at companies, corporations, businesses or other entities. For employees and/or designated first responders who have a duty to respond to a first aid emergency because of job responsibilities or regulatory requirements. •Ideal for learners who prefer group interaction and feedback from an instructor while learning skills •Each student receives the highest quality course materials to supplement their learning •Student CD-ROM (included with student workbook) includes additional information on CPR and AED that students can reference after the course. CPR/First Aid Course completion card issued after class. **Must pre-register with HRC prior to class.**

Heartsaver CPR

W 2/23 6-8pm Free CalFire Station 17

Heartsaver First Aid

W 3/23 6-9pm Free CalFire Station 17

Adult Tap Dance

Come join Amy Floro for a fun way to learn to tap. We will work on basic technique and combination. Come prepared to work your mind, body and soul and don't forget your tap shoes. **No Class: 2/21.**

M 1/24-3/21 \$50/55 7:30-8:15pm S.R.

WOLF (Way of Life Fitness) Training - Group Classes

A boot camp style outdoor total body workout class consisting of all three aspects of overall physical fitness: resistance training, cardiovascular health, and increased flexibility. All abilities are encouraged and welcome, no experience necessary. Morning and evening classes are interchangeable. **Drop in pricing: \$15 per class or \$150 per month.**

M, W, F First Day: 1/10 6:30-7:30am F.C.

M, W, F First Day: 1/10 6:30-7:30pm F.C.

WOLF (Way of Life Fitness) One on One Training

Personal training is now available at the Highlands Rec. Join American College of Sports Medicine Certified instructor Jason Aygun for One on One Personal training. Specializing in weight management, injury prevention and rehab, overall fitness and endurance training. Train for that 5k or triathlon, lose weight or alleviate that nagging back or knee pain.

To setup your personal training sessions contact Wolf Fitness directly, call (650) 260-3481 or email: Jason@wolffitness.com



Crystal Springs Chiropractic

Dr. Jordan Savara

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Learn to Play Golf the Right Way Golf for Beginners

Now is your chance to experience a new world of life by learning golf at Crystal Springs Golf Course. Start out right with Jennifer Alexander, LPGA Class A Teaching & Club Professional, and learn the basics of golf to get you quickly prepared to enjoy the game on the course. This will be a two and a half hour course for three weeks and is designed to rapidly help you learn the techniques, rules, etiquette, and philosophy of the game. You will also receive hands on practical experience associated with the grip, stance and swings relative to iron and wood shots. Don't have clubs? We will provide them for you. You will even receive a golf glove. **Ages 14-Adult. To sign up, email: jalexander@playcrystalspring.com or call (650) 228-6832.**

Sat 3/12-3/26 \$150 8:30-11am Off-site

AARP Drivers Safety Class

An interactive class for drivers 50 years of age and older in which participants will sharpen their driving skills and develop strategies for age related changes in vision, hearing, physical changes, fitness, and reaction time. Eight hours of class time is spent utilizing audio-visual presentation, lectures, and discussion to make you a safer driver when confronted by difficult driving road conditions. We will cover all new DMV rules of the road; refresh your memory of road signs, fines and penalty for violation; new safety features to consider when shopping for a new car; as well as possible alternatives to driving when it's no longer safe for you to operate a motor vehicle.

A \$12 fee if you are an AARP member and \$14 if non-member is collected at first class and covers cost of your workbook. Certificates of completion awarded to those successfully finishing the class which entitled you to a discount on your insurance premiums.

M,T 3/21-3/22 9am-1pm \$12/14 Gym

Cindy's Tutorial Service

cindystutorial@yahoo.com

650-533-8913



Helping K-8th grade students succeed in the following areas:

- LANGUAGE ARTS • MATH • SOCIAL STUDIES
- ORGANIZATION • STUDY SKILLS
- TEST-TAKING SKILLS

Experience assisting kids with CAPD, LD, ADD and others
Services available at the library or your home
Professional, Clear Multiple Subject and Special
Education Credentials (paid ad)

HRC Pool Volunteers

Volunteering at the Highlands Rec pool is a great opportunity to earn Community Service hours. Duties will include: greeting/checking in patrons, assisting with patrons' needs, taking phone messages and other duties. Must be at least 13 years old. For more info, please call Bryce at 341-4251.

Special Event Volunteers

HRC needs volunteers to help out with special events. Volunteer work also helps fulfill school community service hours. For children and adults ages 11 and above. For more info, please email Jeff at jeffs@highlandsrec.ca.gov

Register Online!

To register online, please call the Highlands Recreation Center to obtain a RecEnroll login and password. Online registration can be done for all of our seasonal classes and many aquatics and child care programs. Check out our Winter '11 Guide online at www.highlandsrec.ca.gov

Registration form also available at www.highlandsrec.ca.gov for mail-in registrations.

CLASS REGISTRATION

- * **Registration Fee:** A \$5 registration fee will be added to each registration. Whether you enroll for one class, many classes, or an on-going monthly program the fee will be \$5 per registration, not per class. If the participant cancels from a class or program, the HRC retains the \$5 registration fee.
- * **Automatic Monthly Payments:** There will be a discounted \$2 registration fee for all ACH payments.
- *Classes are filled on a first come, first serve basis.
- *If a class does not meet the minimum number of participants, the HRC may cancel the class.
- *In the case of a cancellation, registrants will be notified and refunded.
- *Register by paying for the class via mail, in person, online @ highlandsrec.com or by phone with VISA, MASTERCARD or DISCOVER .
- * **To register online, call us for a password.** *Walk-in & phone registration hours are M-F, 9-5pm.
- ***There is a \$20 service charge on all returned checks.**
- *Seniors (ages 62+) are given a 10% discount on adult classes, unless noted.
- *Late fees- All monthly fees should be paid by the fifth business day of each month. All monthly fees paid after the fifth business day of each month will be subject to a **\$15 late fee per participant per class**.
- ***Enrollment in classes is only ensured when registration is accompanied by a class fee.**
- *Participants may transfer between programs at no cost, prior to the 2nd class meeting, provided there is room in the class being transferred to.
- *If you're not satisfied for any reason with a class or program, you may before the second meeting request a refund minus the cost of one class. There are no refunds after the 2nd class meeting.
- ***Waiting lists:** When a spot becomes available in a program, the notified individuals will have until 10am of the following business day to respond. After that time has elapsed, the next individual on the waiting list will be notified and your name will be placed at the bottom of the list.
- Credit @ the Rec:** If you've received credit for a program at the Rec, you must use that credit within 1 year of its being issued. Credit can be applied to any program at the Rec.

Cancelling your monthly enrollment

If you wish to discontinue enrollment in a monthly program, please notify the Rec Office by the 5TH business day of the month, or the fee for that month plus a \$15 late fee will be charged.

Fitness Memberships

HRD Residents ONLY.

Fitness Memberships are free with a pool membership, however if you would like just a fitness membership, see the rates below. The Fitness Center has 20 pieces of Fitness equipment including dumbbells, a treadmill, two stair steppers, and other Hydra-Fitness equipment available for personal training use and Circuit Training Classes. Circuit Training can simultaneously burn body fat, increase cardiovascular (aerobic) fitness level, and increase muscle strength and endurance.

General Use Hours

MWF 6am-7pm
TTh 9am-7pm
Sat/Sun 11am-5pm

F.C. Closed
M-F 3-6pm and 1st
Tuesday of the Month
10:00-11:15 am
Summer 1-6pm

Ages 15 and up!

Membership Fees

For Residents Only

One year membership
from date of purchase

Senior (62+) \$45

Single.....\$70

Each Add'l....\$25

Circuit Training

M-F, 9-10am

Non-Accredited Instr.

No Class Fee

Fitness Members only

Highlands Book Club

The HRC Book Club is open to anyone interested in sharing the love of reading We'll have exciting and in depth discussions about readings chosen by the group. New members always welcome to join!

1st Tuesday Monthly 10:15-11:15am F.C.

Welcome Highlands Parents!

The Highlands Parents Group is comprised of moms, dads, and their children from the neighborhoods that feed into Highlands Elementary school...including Laurelwood, Parrott Drive (and off of), Ascension (and off of), Timberlane/Fairmont (and off of), Crystal Springs Estates, and the Highlands neighborhood itself. While all the HPG families have Highlands School in common as either a future or alumni school for their kids or have kids currently enrolled, the HPG is separate from the school and has no official relationship. Our purpose is to keep families connected in an informal and casual way. We offer playgroup coordination, family events, classified and other postings, dialogues on school and community issues, and more. Contact us today at lin3@comcast.net and get connected. Thanks, Linda Siguenza.

Renew Laser Clinic

Skin Care by Physicians

Laser Treatments:

Brown spots, wrinkles, acne scars
Broken capillaries on face, leg veins
Laser resurfacing and skin tightening
Rosacea and facial redness
Laser hair removal

Facial Rejuvenation with injectables:

Botox
Dermal Fillers
(Juvederm, Radiesse, Restylane, Artefill)
All injections done by physician

Other Services:

SilkPeel Facial
Chemical Peels
Blue Light acne treatment
Medical Skincare Products
(Obagi, Lumixyl, Latisse)
ColoreScience Mineral Makeup

Crystal Springs Village
211 De Anza Blvd.
San Mateo, Ca 94402
(650) 341-3600

Dr. Adele Makow is owner
and medical director of
Renew Laser Clinic.

**\$50 off service when you mention
this ad (min. \$200 purchase)**

Complimentary Consultations

Family Traditions Begin at the Highlands Recreation Center

Fitness Memberships

highlandsrec.ca.gov



Highlands Recreation District
1851 Lexington Avenue
San Mateo, CA 94402

Residential Customer

NON-PROFIT ORGANIZATION
U.S. POSTAGE PAID
SAN MATEO, CA
PERMIT # 552
ECRWSS

HOLIDAY EVENT 2010

SATURDAY, DECEMBER 4TH
\$2 PER PERSON

Santa Arrives on the Fire Truck at 10am!
Make sure to take your seasonal pictures
with Santa, create holiday arts and crafts,
enjoy karaoke, snacks and refreshments.

We will see you there at 10am!



EGGSTRAVAGANZA 2011

SATURDAY, APRIL 23RD
\$5/PER PERSON

- | | |
|--|------------|
| - Pancake Breakfast | 9:30am |
| - Easter Bunny Arrives
via Fire Truck | 10am |
| - Egg Hunt w/ Prizes | 10:30am |
| - Book Sale | 10-11:30am |
| - Refreshments and Fun | 10-11:30am |

HRC PHONE: (650) 341-4251
HRC FAX: (650) 349-9627

**FAMILY TRADITIONS BEGIN AT THE
HIGHLANDS RECREATION DISTRICT**

OFFICE HOURS: 9AM-5PM
HIGHLANDSREC.CA.GOV